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The Smokefree Way: READ YOUR WAY TO STOP SMOKING. THE MOST INNOVATIVE, UP-TO-DATE AND INTELLIGENT QUIT SMOKING METHOD



Synopsis

The Smokefree way is a breakthrough smoking cessation program. It is the most innovative, up-to-date and intelligent method which will lead you to become smokefree forever. The program is based on a natural and powerful approach which sets the record straight with our smoking while revealing every weak spot that keeps us dependent on cigarettes. Through this amazing method you will acquire the knowledge of how to use the same mechanisms that keep the addiction going, in order to set yourself absolutely free from smoking.

Book Information

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Customer Reviews

I downloaded and read four books as I planned to give up my lifelong habit. Three of them were short, written for Kindle ebooks that contained the same droll, oft-repeated information and advice you can find on hundreds of websites. This book, however, is vastly different and discusses at length the nicotine addiction cycle in unique ways that I hadn't heard before. With kind of a quirky writing style, the book is probably not for everyone--but it was instrumental in my kicking a 40 year habit. Highly recommended.

Although I have tried to quit smoking in the past, and even succeeded for about 6 years, when I was much younger and having babies, I didn't have the understanding of the difference between being "smokefree" and being "a smoker on a break". When I resumed smoking and then failed, numerous times, to quit again I became very frustrated and even angry with myself for my failure. I no longer had the motivation of a healthy pregnancy, but still felt the guilt of setting a bad example for my children. All three grew to be smokers as adults, a fact that I am NOT proud of. The insight gained from this book helped me immensely by helping me to understand that it's not a habit but an addiction and, most importantly, the difference between the two, why it has been so hard to stop, and how the subconscious aspects effect the process. I am very thankful that I found this book and look forward to living the rest of my life enjoying the freedom that comes from living "smokefree".

Excellent book! From the bottom of my heart I am thankful to Tamir for writing it, and sharing his knowledge with the rest of the world!!! It is more than informative, gives excellent guidance and emotional support and understanding! The reader can feel that his perspective towards smoking is changing during the read, and when one is done, can feel that is ready to become non smoker and more than that, one is excited to do it!! I would recommend it to every smoker in this world!! All I can say that I smoked two packs a day, sometimes even more, now I smoke NONE!

I've been a smoker on and off my whole life. I was always able to stop during my pregnancies and with in a year of childbirth always started up again. In June of 2013 my Father In Law was diagnosed with small cell lung cancer. He fought until Aug. of 2014 and when he passed away my children were very worried about me getting lung cancer so I decided to quit. I have been smoke free for 9 months, and even though I can't stand the smell or taste I do often crave a cigarette. I am grateful for having this book and will use it to keep me straight. I have also recommended this to read to other smokers and hope you enjoy it as i have.

I did quit smoking after reading the book. After 43yrs of smoking I am now 6mos smoke free!! Yay me! It wasn't as hard as I thought it would be. I would recommend this book for anyone who wants to quit smoking. If I could quit after all the years of smoking & all the times I tried to quit so can anyone else.

Okay, I see the skeptics asking "How cab reading a book help you quit smoking?" Well, I have been

a smoker for 20+ years, since I was barely a teenager. I read this book and one other quit smoking book. I did quit just a few short weeks after reading. This book helps you change your way of thinking so that you can reason with the idea that your body is exactly like a non-smokers and thrives that way - the smoke free way. I quit without NRT and all of my anxiety or "need" for a cigarette left when the nicotine left...

This best thing I can say about this book is that I haven't had a cigarette since I started reading it! Reading this has given me the tools I needed to develop the willpower to quit. The problem with me is way more mental than physical. Thanks to this book I now have a lot of invaluable information to which I'm sure I'll be referring back to in the future. Most highly recommend to anyone who wants to QUIT smoking. Thanks to Mr. Turgal for sending me a free copy!

I have to say I highly recommend this book if you are thinking about quitting smoking or even if you are not quite ready. It quite possibly could be a turning point in your life. It explains the process in a different perspective than any other help to quit smoking book. It comes from an Author who has been there and done it. He explains the mental as well as the physical aspects of a smoker. This book makes sense and I'm on my way to quit smoking for good!

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